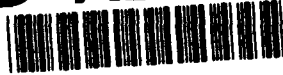


AD-A268 631 PAGE

Form Approved
OMB No 0704-0188Public report:
ordering and
collection of
Data Highway

Under response, including the time for reviewing instructions, searching existing data sources, gathering of information, and comments regarding this burden estimate or any other aspect of the collection of information, send comments to Washington Headquarters Service, Directorate for Information Operations and Reports, 1215 Jefferson Avenue, Washington, DC 20543.

1. AGENCY

3. REPORT TYPE AND DATES COVERED

4. TITLE AND SUBTITLE

Summary report of USAREUR soldiers' survey responses following deployment to Operation Desert Storm/Shield.

5. FUNDING NUMBERS

6. AUTHOR(S)

Vaitekus, M. A., Martin, J. A., Adler, A. B.,
Mullins, F., and Bell, L. L.

7. PERFORMING ORGANIZATION NAME(S) AND ADDRESS(ES)

U.S. Army Medical Research Unit - Europe
Unit 29218
APO AE 091028. PERFORMING ORGANIZATION
REPORT NUMBERWRAIR Tech Report
#93-001

9. SPONSORING/MONITORING AGENCY NAME(S) AND ADDRESS(ES)

U.S. Army Medical Research & Development Command
Ft. Detrick, Frederick, MD 21702-501210. SPONSORING/MONITORING
AGENCY REPORT NUMBER

11. SUPPLEMENTARY NOTES

DTIC
ELECTE
AUG 30 1993
S E D

12a. DISTRIBUTION/AVAILABILITY STATEMENT



12b. DISTRIBUTION CODE

13. ABSTRACT (Maximum 200 words)

The frequency data for USAREUR soldiers who participated in a survey conducted by the Walter Reed Institute of Research (WRAIR) are summarized. These data are part of an on-going, Army-wide study of psychological issues associated with Operation Desert Storm/Shield (ODS/S). All respondents, 3720 soldiers and 544 leaders, had been deployed to Southwest Asia during ODS/S. This survey was conducted nine months after ODS/S. The frequency data on individual survey items are presented for both soldiers and leaders. Summaries are also provided for each section of the survey.

14. SUBJECT TERMS

Operation Desert Storm/Shield, USAREUR, psychological issues,
traumatic stress, cohesion, leadership

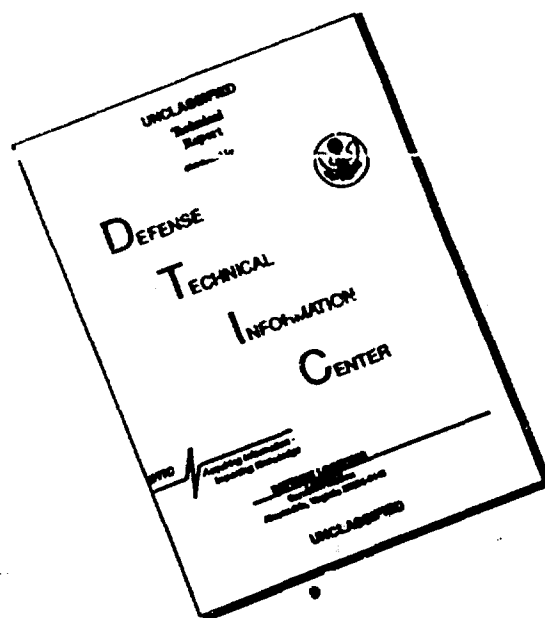
15. NUMBER OF PAGES

16. PRICE CODE

17. SECURITY CLASSIFICATION
OF REPORT18. SECURITY CLASSIFICATION
OF THIS PAGE19. SECURITY CLASSIFICATION
OF ABSTRACT

20. LIMITATION OF ABSTRACT

DISCLAIMER NOTICE



**THIS DOCUMENT IS BEST
QUALITY AVAILABLE. THE COPY
FURNISHED TO DTIC CONTAINED
A SIGNIFICANT NUMBER OF
PAGES WHICH DO NOT
REPRODUCE LEGIBLY.**

SUMMARY REPORT
OF USAREUR SOLDIERS' SURVEY RESPONSES FOLLOWING
DEPLOYMENT TO OPERATION DESERT STORM/SHIELD

WALTER REED POST-COMBAT STRESS SURVEY
NOVEMBER - DECEMBER 1991

JULY 1993

Mark A. Vaitkus, James A. Martin, Amy B. Adler
Fred Mullins & Linda L. Bell

U.S. ARMY MEDICAL RESEARCH UNIT - EUROPE
WALTER REED ARMY INSTITUTE OF RESEARCH

Correspondence to:

Military Address:
HQ, 7th Medical Command
Unit 29218
APO AE 09102
Tel.: 370-2626

Civilian Address:
HQ, 7th Medical Command
Nachrichten-Kaserne
Karlsruher Str. 144
69126 Heidelberg
Germany
Tel.: 06221-172007

NOTE: THIS IS A DRAFT REPORT IN PREPARATION AND IS NOT YET
AVAILABLE FOR CITATION. THE VIEWS OF THE AUTHORS DO NOT NECES-
SARILY REFLECT THE POSITION OF THE DEPARTMENT OF THE ARMY OR THE
DEPARTMENT OF DEFENSE (PARA 4-3, AR 360-5).

93 8 26 037

93-20009
XXXXXXXXXX

CONTENTS

Introduction.....	1
Demographics of Survey Respondents.....	2
General Findings Report	
Leadership.....	5
Family and Single Soldier Issues.....	6
Impact of Events.....	8
Cohesion and Morale.....	10
Sources of Support.....	13
Combat Exposure.....	15
Current Stressors.....	18
Operation Desert Storm Related.....	18
Unit Related.....	20
Personal Life Related.....	21
Summary Stress Items.....	22
Brief Symptom Inventory.....	23

NOTE: The data summarized in this report are drawn from a larger survey of Operation Desert Storm/Shield veterans sponsored by the Department of Military Psychiatry, Walter Reed Army Institute of Research (Principal Investigators: Drs. David Marlowe, Paul Bertone, Robert Gifford and Kathleen Wright).

Accession For	
NTIS	CRA&I <input checked="" type="checkbox"/>
DTIC	TAB <input checked="" type="checkbox"/>
Unannounced <input type="checkbox"/>	
Justification	
By	
Distribution /	
Availability Codes	
Dist	Avail and/or Special
A-1	

DTIC QUALITY INSPECTED

INTRODUCTION

1. Purpose. This report summarizes post-combat survey data for USAREUR soldiers who participated in a study conducted by the Walter Reed Army Institute of Research (WRAIR). These data are part of an Army-wide WRAIR study of psychological issues associated with Operation Desert Shield/Storm (ODS/S).

2. Contents.

a. General. This report contains information on the individual survey item responses of 3720 USAREUR soldiers in the ranks of private to staff sergeant and 544 USAREUR leaders in the ranks of Sergeant First Class to Lieutenant Colonel. All of these soldiers and leaders were deployed to Southwest Asia during ODS/S. The survey was conducted in USAREUR by WRAIR during November and December 1991, approximately one year after the operation.

Soldiers and leaders were given slightly different versions of the survey, reflecting their particular situations and concerns. Both sets of data are reported where applicable, with soldier data identified as "SLD" and leader data identified as "LDR." Frequencies are computed separately for the two data sets and may not sum to 100% for either data set due to rounding off numbers. In interpreting the survey results, it may be useful to note that at the time of the survey, all of these respondents were aware of announced or rumored inactivation, redeployment and/or reflagging of their units.

b. General Findings Report (GFR). The GFR contains the frequency data on individual items contained in the WRAIR survey. Summaries are provided at the beginning of each section.

3. Survey Methodology. Survey respondents were from combat and combat support battalions in three major USAREUR units (total N = 4657). At least 50% of the soldiers and leaders in each battalion participated in this survey. Only responses from soldiers who deployed to ODS/S (N = 4264) are presented here. The survey was voluntary and respondents signed a volunteer consent form.

4. Analysis.

a. WRAIR analyses of these and other Army data are being disseminated as they become available. Reports of findings have been made in the form of briefings, research reports, and published articles. Contact USAMRU-E for additional information about analyses.

b. This report was compiled and edited by Mark A. Vaitkus, USAMRU-E. Statistical data were generated by Fred Mullins, HQ USAREUR ODCSPER, PA&E Office. Narrative material was provided by James A. Martin, USAMRU-E, and Amy Adler, Ph.D., University of Maryland - European Division, on contract to USAMRU-E. Additional support was provided by Linda L. Bell, USAMRU-E.

DEMOGRAPHICS OF SURVEY RESPONDENTS

The demographic portion of the survey was designed to get a description of the personal and military characteristics of the soldiers and leaders.

The mean age of soldiers was 23 years, with a range of 18 to 46. The leaders were older, with a mean age of 32, and a range of 21 to 51 years. The modal rank of soldiers was specialist and corporal (48%); the modal rank of leaders was sergeant first class (34%). The majority of respondents were white, although there was a greater racial diversity among soldiers than leaders. Almost all respondents were male (99%) as was expected given that the survey was designed for combat battalions. About half of the soldiers were married, and 43% reported being single. Leaders were more likely than soldiers to report being married (74%). Forty-five percent of soldiers and 60% of leaders reported having at least one child. In terms of educational achievement, 39% of soldiers reported at least some college education compared with 87% of leaders.

Almost all respondents were active duty prior to deployment to Southwest Asia and had been for more than a year. Still, at the time they deployed, many soldiers (23%) and leaders (19%) had been in their company for three months or less.

A. Age of respondents on last birthday:

	SLD	LDR
a. < 21 years old:	19%	0%
b. 21-25 years old:	43%	22%
c. 26-30 years old:	24%	22%
d. > 30 years old:	14%	57%

B. Rank of respondents:

SOLDIER DATA

a. PVT:	1%
b. PV2:	1%
c. PFC:	18%
d. SPC/CPL:	48%
e. SGT:	21%
f. SSG:	11%

LEADER DATA

g. SFC:	34%	m. MAJ:	3%
h. MSG/1SG:	8%	n. LTC:	1%
i. SGM/CSM:	1%		
j. 2LT:	6%	o. WO1-CW4:	4%
k. 1LT:	28%		
l. CPT:	16%		

C. Race of respondents:

	SLD	LDR
a. White:	59%	75%
b. Black:	27%	18%
c. Hispanic:	9%	4%
d. Other:	5%	3%

D. Gender of respondents:

	SLD	LDR
a. Male:	99%	99%
b. Female:	1%	1%

E. Current marital status of respondents:

	SLD	LDR
a. Single:	43%	20%
b. Married:	49%	74%
c. Separated/divorced:	7%	6%
d. Other:	1%	0%

F. Number of children of respondents:

	SLD	LDR
a. None:	55%	40%
b. One:	21%	14%
c. Two:	15%	15%
d. Three:	7%	13%
e. Four or more:	2%	7%

G. Highest education level of respondents:

	SLD	LDR
a. Some high school:	<1%	<1%
b. High school diploma:	54%	10%
c. GED:	7%	4%
d. Some college:	35%	28%
e. College graduate:	3%	49%
f. Graduate training:	<1%	4%
g. Graduate degree:	0%	6%

H. Branch of service respondents belonged to before deployment:

	SLD	LDR
a. Army Reserve:	1%	0%
b. National Guard:	<1%	0%
c. Active Duty:	98%	99%
d. Other:	1%	2%

I. Number of years respondents have been on active duty:

SOLDIER DATA

a. < 1 year:	2%
b. 1-3 years:	45%
c. > 3 years:	53%

LEADER DATA

a. < 1 year:	<1%
d. 1 - 5 years:	32%
e. 6 - 10 years:	16%
f. 11 - 15 years:	21%
g. 16 - 20 years:	26%
h. >20 yrs:	6%

J. Time each respondent had been in company before deployment:

	SLD	LDR
a. 0-3 months:	23%	19%
b. 4-6 months:	12%	15%
c. 7-12 months:	19%	19%
d. 13-18 months:	17%	17%
e. 19-24 months:	12%	12%
f. > 24 months:	17%	17%

K. Time each respondent had been in platoon before deployment:

SOLDIERS ONLY

a. 0-3 months:	25%
b. 4-6 months:	13%
c. 7-12 months:	21%
d. 13-18 months:	17%
e. 19-24 months:	11%
f. > 24 months:	13%

L. Time each respondent had been in squad before deployment:

SOLDIERS ONLY

a. 0-3 months:	28%
b. 4-6 months:	15%
c. 7-12 months:	22%
d. 13-18 months:	16%
e. 19-24 months:	9%
f. > 24 months:	10%

M. Time spent working with most (more than half) of squad/section members before deployment:

SOLDIERS ONLY

a. 0-3 months:	28%
b. 4-6 months:	17%
c. 7-12 months:	26%
d. 13-18 months:	17%
e. 19-24 months:	7%
f. > 24 months:	5%

LEADERSHIP

The goal of the leadership items, which were administered only to soldiers, was to assess soldier perceptions of their leaders. Over a third of the soldiers rated the effectiveness of their current company-level leaders "above average" to "high", ranging from 35% for the platoon leader (item 3) to 51% for the squad/section leader (item 1).

At the time they deployed, more than 30% of these soldiers had served with their company-level leaders for less than four months, while less than 24% served with any company leader for more than 12 months (items 6-10).

HOW EFFECTIVE A LEADER IS:

(L=LOW BA=BELOW AVERAGE A=AVERAGE AA=ABOVE AVERAGE H=HIGH)

(AQ=ANSWERED QUESTION)

SOLDIER DATA ONLY

	AQ	L	BA	A	AA	H
1. Your Squad/Section Leader/Tank Cdr.	83%	11%	9%	29%	27%	24%
2. Your Platoon Sergeant.	96%	15%	12%	36%	22%	15%
3. Your Platoon Leader.	89%	12%	11%	42%	23%	12%
4. Your First Sergeant.	97%	11%	11%	35%	27%	16%
5. Your Company Commander.	96%	10%	10%	35%	27%	18%

AT THE TIME YOU DEPLOYED TO SOUTHWEST ASIA, HOW LONG HAD YOU SERVED WITH:

(A=< 4 MONTHS B=4-6 MONTHS C=7-12 MONTHS D=13-18 MONTHS E=19-24 MONTHS F=> 2 YEARS)

(AQ=ANSWERED QUESTION)

	AQ	A	B	C	D	E	F
6. Your Squad/Section Leader/Tank Cdr.	95%	34%	19%	25%	11%	6%	5%
7. Your Platoon Sergeant.	98%	34%	20%	24%	12%	6%	4%
8. Your Platoon Leader.	96%	38%	23%	24%	10%	3%	2%
9. Your First Sergeant.	98%	31%	19%	27%	14%	6%	3%
10. Your Company Commander.	98%	32%	21%	26%	14%	5%	2%

FAMILY AND SINGLE SOLDIER ISSUES

Satisfaction with the military's social environment was assessed through questions about family and single soldier life. Soldier satisfaction with family life (items 11 through 15 only) ranges from 30% to 38% either "satisfied" or "very satisfied." Leader satisfaction ranges from 57% to 74% either "satisfied" or "very satisfied." Rates of dissatisfaction for soldiers range from 27% to 41% either "dissatisfied" or "very dissatisfied" with how the Army has an impact on family life. Leader dissatisfaction ranges from 12% to 29% "dissatisfied" or "very dissatisfied."

In terms of the effectiveness of the unit's rear detachment in taking care of single soldier needs (item 16), 19% of soldiers and 29% of leaders were "satisfied" or "very satisfied." Forty-one percent of soldiers and 23% of leaders were "dissatisfied" or "very dissatisfied."

Besides single soldier concerns, family concerns were also assessed. In general, soldiers expressed confidence that their families would be taken care of by the rear detachment. Most soldiers (60%) and leaders (78%) reported that during their deployment to ODS/S, they had "moderate" to "very high" confidence that their families would be taken care of if they were wounded or killed (item 18). In terms of family support groups, 71% of soldiers and 78% of leaders reported they had at least "moderate" confidence that their unit's family support group would help their family if needed (item 19). Both soldiers and leaders were somewhat less confident in the rear detachment providing help (item 20), with 60% of soldiers and 70% of leaders expressing at least "moderate" confidence. Also, 85% of soldiers and 91% of leaders were confident that their families were safe back home (item 21).

NOTE: Soldiers and leaders were asked to answer each question regardless of their marital status.

(VD=VERY DISSATISFIED D=DISSATISFIED NS=NOT SURE S=SATISFIED VS=VERY SATISFIED)
(AQ=ANSWERED QUESTION)

	AQ	VD	D	NS	S	VS
11. Respect the Army shows spouses.						
SLD:	98%	13%	20%	37%	27%	3%
LDR:	99%	5%	19%	15%	53%	7%
12. Concern your company has for families.						
SLD:	98%	13%	20%	30%	32%	5%
LDR:	99%	5%	12%	11%	57%	15%
13. How your spouse would feel if you were to make the Army a career.						
SLD:	98%	17%	10%	41%	22%	10%
LDR:	99%	5%	7%	19%	42%	27%
14. The kind of family life you can have in the Army.						
SLD:	98%	18%	23%	29%	27%	3%
LDR:	99%	5%	24%	14%	47%	10%
15. The Army way of life.						
SLD:	97%	17%	22%	23%	33%	5%
LDR:	99%	2%	15%	10%	58%	16%

	AQ	VD	D	NS	S	VS
16. Effectiveness of the Rear Detachment in taking care of single soldiers' needs.	SLD: 98%	22%	19%	40%	17%	2%
	LDR: 99%	7%	16%	47%	26%	3%

WHAT IS YOUR LEVEL OF CONFIDENCE IN EACH OF THE FOLLOWING?

(VL=VERY LOW SL=SOMEWHAT LOW M=MODERATE SH=SOMEWHAT HIGH VH=VERY HIGH)

(AQ=ANSWERED QUESTION)

	AQ	VL	SL	M	SH	VH
17. Effectiveness of your unit Family Support Group.	SLD: 97%	14%	17%	53%	12%	4%
	LDR: 98%	9%	13%	45%	22%	11%

18. That your family would be taken care of if you were wounded or killed.	SLD: 97%	13%	17%	43%	19%	8%
	LDR: 98%	8%	14%	35%	29%	14%

19. That Family Support Groups would help your family if needed.	SLD: 96%	12%	17%	49%	17%	5%
	LDR: 97%	8%	14%	37%	30%	11%

20. That the Rear Detachment would help your family if needed.	SLD: 96%	19%	21%	44%	12%	4%
	LDR: 97%	11%	19%	39%	23%	8%

21. That your family would be safe back home.	SLD: 96%	6%	9%	40%	25%	20%
	LDR: 98%	2%	7%	31%	36%	24%

IMPACT OF EVENT

These 15 items represent the "Impact of Event" scale, a measure of psychological distress commonly used in the study of exposure to a traumatic event.

The items that compose this scale are thought to represent the two principal components of psychological response to trauma: INTRUSION (represented by experiencing unwanted thoughts about the event) and AVOIDANCE (represented by attempts to stay away from reminders of the event).

The most-reported symptom was thinking about ODS without meaning to, a symptom of intrusion. Seventy-three percent of soldiers and 71% of leaders reported having this experience (item 22). More than half the respondents also reported avoiding getting upset when thinking about ODS (item 23), pictures of ODS popping into their minds (item 30), other things making them think about ODS (item 32), and any reminder bringing back feelings about ODS (item 35). In addition, more than half of the soldiers also reported that they had waves of strong feelings about ODS (item 26).

The least-reported symptoms for soldiers were sleep disturbances and staying away from reminders of ODS. Only 38% of soldiers reported having these experiences (items 25 and 31). The least-reported symptom for leaders was staying away from reminders of ODS. Only 27% of leaders reported this experience (item 31).

Overall, respondents reported more intrusion symptoms than avoidance symptoms, and soldiers reported more symptoms than did leaders. Detailed analysis and interpretation of these data are provided elsewhere (contact USAMRU-E for additional information).

HOW FREQUENTLY WERE THE FOLLOWING TRUE FOR YOU DURING THE LAST SEVEN DAYS?
(N=NOT AT ALL R=RARELY S=SOMETIMES O=OFTEN)
(AQ=ANSWERED QUESTION)

	AQ	N	R	S	O
22. I thought about Operation Desert Storm when I did not mean to.	SLD: 99%	27%	19%	35%	19%
	LDR: 99%	29%	26%	33%	12%
23. I avoided letting myself get upset when I thought about it or was reminded of it.	SLD: 99%	43%	19%	22%	16%
	LDR: 99%	47%	18%	18%	16%
24. I tried to remove it from my memory.	SLD: 99%	57%	12%	18%	13%
	LDR: 99%	70%	11%	13%	6%
25. I had trouble falling asleep or staying asleep.	SLD: 99%	62%	14%	15%	9%
	LDR: 99%	69%	15%	13%	4%

	AQ	N	R	S	O
26. I had waves of strong feelings about it.					
SLD: 99%	42%	20%	26%	12%	
LDR: 99%	51%	19%	23%	7%	
27. I had dreams about Operation Desert Storm.					
SLD: 99%	53%	21%	20%	6%	
LDR: 99%	64%	19%	15%	2%	
28. I felt as if it had not happened or was not real.					
SLD: 99%	56%	16%	20%	8%	
LDR: 99%	64%	15%	16%	5%	
29. I tried not to talk about it.					
SLD: 99%	51%	18%	20%	11%	
LDR: 99%	62%	19%	15%	5%	
30. Pictures of it popped into my mind.					
SLD: 99%	28%	20%	35%	17%	
LDR: 99%	31%	22%	36%	12%	
31. I stayed away from reminders of it.					
SLD: 99%	62%	16%	14%	8%	
LDR: 99%	74%	15%	8%	4%	
32. Other things kept making me think about Operation Desert Storm.					
SLD: 99%	39%	21%	28%	12%	
LDR: 99%	36%	23%	31%	10%	
33. I was aware that I still had a lot of feelings about it, but did not deal with them.					
SLD: 99%	60%	21%	14%	5%	
LDR: 99%	70%	18%	10%	3%	
34. I tried not to think about it.					
SLD: 99%	55%	18%	16%	11%	
LDR: 99%	69%	17%	11%	4%	
35. Any reminder brought back feelings about it.					
SLD: 99%	42%	21%	27%	10%	
LDR: 99%	46%	23%	26%	6%	
36. My feelings about it were kind of numb.					
SLD: 99%	57%	19%	18%	6%	
LDR: 99%	66%	15%	14%	5%	

COHESION AND MORALE

These items reflect the soldier's assessment of his/her unit TODAY. They cannot be used to interpret cohesion or morale during ODS/S. The items are used by the WRAIR to construct measures of horizontal cohesion, the level of perceived support from fellow soldiers, and vertical cohesion, the level of perceived support from the chain of command. The goal of the survey is to assess unit-based social support. Leaders did not receive these items on their survey.

In terms of vertical cohesion, or perception of leaders, 40% of soldiers agreed with the statement "My superiors make a real attempt to treat me as a person" (item 47). The lowest level of agreement to a statement was found with "I am impressed with the quality of leadership in this company" (item 44); only 16% of soldiers agreed with this statement. In terms of other leadership qualities, 38% of soldiers expressed confidence in their company commander's ability to lead the unit in combat (item 66), and 33% agreed they would go to people in the company chain of command for help with a problem (item 45).

Other cohesion questions addressed perceptions of NCOs. Forty-seven percent of soldiers expressed confidence in their NCOs' ability to lead well in combat (item 50). Forty-four percent agreed that their NCOs are interested in their personal welfare (item 60). Thirty-nine percent of soldiers also agreed that NCO's get good cooperation from company soldiers (item 39).

In terms of social cohesion among peers, or horizontal cohesion, 36% agreed that there is a lot of teamwork among soldiers in their company (item 37), 46% agreed they spend a lot of their non-duty time with other company members (item 42), and 40% reported that their closest relationships are with their co-workers (item 43). Fewer soldiers reported more general company cohesion. Only 20% of soldiers agreed that in their company "people really look out for each other" (item 48), and only 21% agreed that "Most of the people in this company can be trusted" (item 46).

When it comes to combat, a different pattern emerges. Forty-two percent agreed with the statement "Soldiers in this company have enough skills that I would trust them with my life in combat" (item 51). Fifty-one percent of soldiers also expressed confidence that "If we went to war tomorrow, I would feel good about going with my squad" (item 63) and 46% would feel good about their platoon (item 64). The highest rating, however, was 78% agreement that "I am well trained to go into combat" (item 68).

(SD=STRONGLY DISAGREE D=DISAGREE CS=CAN'T SAY A=AGREE SA=STRONGLY AGREE)
(AQ=ANSWERED QUESTION)

SOLDIER DATA ONLY

	AQ	SD	D	CS	A	SA
37. There is a lot of teamwork and cooperation among soldiers in my company.	99%	17%	30%	17%	31%	5%

	AQ	SD	D	CS	A	SA
38. Officers most always get willing and whole-hearted cooperation from soldiers in this company.	98%	13%	28%	27%	29%	3%
39. NCO's most always get willing and whole-hearted cooperation from soldiers in this company.	99%	12%	29%	21%	34%	5%
40. My leaders are better than the leaders of other units.	98%	19%	20%	42%	14%	5%
41. People in this company feel very close to each other.	98%	20%	30%	25%	21%	4%
42. I spend my time when not on duty with people in this company.	98%	23%	24%	7%	34%	12%
43. My closest relationships are with people I work with.	99%	25%	26%	9%	28%	12%
44. I am impressed by the quality of leadership in this company.	98%	28%	35%	21%	14%	2%
45. I would go for help with a personal problem to people in the company chain of command.	99%	26%	22%	20%	28%	5%
46. Most of the people in this company can be trusted.	99%	26%	27%	26%	19%	2%
47. My superiors make a real attempt to treat me as a person.	98%	19%	23%	18%	35%	5%
48. In this company, people really look out for each other.	98%	24%	32%	24%	18%	2%
49. The officers in this company would lead well in combat.	99%	15%	18%	39%	24%	4%
50. The NCO's in this company would lead well in combat.	98%	9%	15%	29%	40%	7%
51. Soldiers in this company have enough skills that I would trust them with my life in combat.	99%	14%	19%	25%	35%	7%
52. I spend a lot of time with members of my platoon when not on duty.	97%	20%	32%	11%	29%	8%
53. I can go to most people in my squad for help when I have a personal problem.	94%	17%	24%	20%	32%	7%

	AQ	SD	D	CS	A	SA
54. Most people in my squad would lend me money in an emergency.	95%	12%	10%	27%	38%	13%
55. My Platoon Sergeant talks to me personally outside normal duties.	96%	23%	26%	12%	32%	7%
56. My Platoon Leader talks to me personally outside normal duties.	93%	25%	27%	16%	27%	5%
57. My First Sergeant talks to me personally outside normal duties.	98%	27%	28%	17%	24%	4%
58. My officers are interested in my personal welfare.	98%	24%	23%	28%	22%	3%
59. The Company Commander talks to me personally outside normal duties.	98%	31%	29%	17%	21%	3%
60. My NCO's are interested in my personal welfare.	97%	15%	18%	23%	38%	6%
61. My officers are interested in what I think and how I feel about things.	98%	24%	26%	26%	22%	2%
62. My NCO's are interested in what I think and how I feel about things.	98%	17%	22%	21%	36%	4%
63. If we went to war tomorrow, I would feel good about going with my squad.	96%	16%	13%	20%	38%	13%
64. If we went to war tomorrow, I would feel good about going with my platoon.	98%	15%	16%	23%	36%	10%
65. My chain of command works well.	98%	22%	28%	25%	23%	2%
66. I have a lot of confidence in my Company Commander's ability to lead the unit in combat.	98%	16%	12%	34%	28%	10%
67. I can go to most people in my platoon for help when I have a personal problem.	97%	15%	25%	26%	29%	5%
68. I am well trained to go into combat.	98%	3%	6%	13%	52%	26%
69. My squad is well trained to go into combat.	96%	6%	11%	24%	44%	15%

SOURCES OF SUPPORT

These items were developed by WRAIR to assess types of support soldiers and leaders might use to deal with deployment and combat stressors.

The most frequently acknowledged sources of support (and the most helpful) were confidence in own abilities (item 81), thoughts of family back home (item 85), and remembering training (item 82). Other helpful supports, for those who used them, include prayer or meditation (item 78), other soldiers in the platoon (item 87), best buddy (item 89), confidence in the superiority of weapons (item 90) and training (item 91), and checking/rehearsing plans and orders (item 88). Fewer respondents reported using chain of command sources of support (items 70-77). Soldiers and leaders reported using similar sources of support.

Although there is considerable variation among the individual items (in use and usefulness), when a soldier used a source of support from this list, it was usually rated at least moderately helpful.

(U=USED THIS SOURCE OF SUPPORT)

(N=NOT HELPFUL L=A LITTLE HELPFUL M=MODERATELY HELPFUL Q=QUITE A BIT HELPFUL

E=EXTREMELY HELPFUL)

(AQ=ANSWERED QUESTION)

		AQ	U	N	L	M	Q	E
70. My Battalion Commander.	SLD:	89%	39%	21%	17%	24%	22%	16%
	LDR:	100%	66%	14%	13%	23%	28%	22%
71. My Company Commander.	SLD:	93%	54%	16%	17%	25%	28%	14%
	LDR:	100%	63%	17%	12%	20%	27%	25%
72. My First Sergeant.	SLD:	92%	53%	14%	20%	28%	25%	13%
	LDR:	100%	61%	13%	15%	23%	32%	18%
73. My Platoon Leader.	SLD:	90%	57%	17%	19%	26%	26%	12%
	LDR:	100%	29%	20%	10%	18%	26%	26%
74. My Platoon Sergeant.	SLD:	92%	66%	18%	19%	23%	27%	13%
	LDR:	100%	40%	8%	14%	15%	34%	30%
75. My Squad/Section Leader.	SLD:	86%	69%	12%	17%	25%	29%	17%
	LDR:	N/A						
76. My unit medic.	SLD:	91%	49%	8%	19%	28%	29%	16%
	LDR:	100%	34%	3%	14%	29%	36%	18%
77. My local Chaplain.	SLD:	93%	40%	9%	16%	24%	27%	24%
	LDR:	100%	52%	6%	18%	22%	29%	25%
78. Prayer or meditation.	SLD:	93%	63%	2%	12%	20%	29%	37%
	LDR:	100%	72%	1%	10%	19%	34%	37%

		AQ	U	N	L	M	Q	E
79. Confidence in the abilities of leaders in my platoon.	SLD:	93%	68%	14%	23%	30%	24%	9%
	LDR:	100%	60%	6%	10%	18%	36%	30%
80. Weapons/equipment checks.	SLD:	94%	89%	3%	10%	21%	33%	33%
	LDR:	100%	88%	1%	7%	22%	37%	33%
81. Confidence in my own abilities.	SLD:	97%	95%	1%	4%	10%	34%	51%
	LDR:	100%	97%	0%	2%	10%	39%	49%
82. Remembering my training.	SLD:	95%	90%	1%	7%	19%	40%	33%
	LDR:	100%	91%	0%	5%	15%	42%	38%
83. Information put out by my unit.	SLD:	95%	79%	16%	26%	26%	21%	11%
	LDR:	100%	87%	6%	25%	30%	28%	11%
84. Confidence in the abilities of soldiers in my platoon.	SLD:	92%	77%	5%	16%	32%	32%	15%
	LDR:	100%	91%	2%	6%	19%	44%	30%
85. Thoughts of family back home.	SLD:	94%	92%	4%	6%	9%	23%	58%
	LDR:	100%	88%	3%	5%	11%	29%	52%
86. Belief in the Desert Shield/Storm mission.	SLD:	93%	69%	11%	13%	19%	27%	30%
	LDR:	100%	76%	3%	13%	24%	29%	31%
87. Other soldiers in my platoon.	SLD:	94%	74%	4%	16%	33%	31%	16%
	LDR:	100%	60%	1%	6%	25%	42%	26%
88. Check/rehearse plans and orders.	SLD:	92%	65%	5%	15%	28%	32%	20%
	LDR:	100%	83%	2%	8%	23%	37%	31%
89. My best buddy.	SLD:	89%	77%	3%	6%	15%	35%	41%
	LDR:	100%	57%	1%	7%	14%	36%	41%
90. Confidence in superiority of my weapons over the enemy.	SLD:	95%	83%	3%	7%	15%	28%	47%
	LDR:	100%	89%	2%	4%	12%	30%	52%
91. Confidence in superiority of my training over the enemy.	SLD:	96%	84%	2%	7%	17%	31%	43%
	LDR:	100%	92%	1%	5%	15%	34%	46%
92. Anything else/other.	SLD:	37%	36%	13%	5%	10%	17%	55%
	LDR:	100%	12%	9%	0%	3%	19%	69%

COMBAT EXPOSURE

These 26 items were developed by the WRAIR to assess the range and intensity of possible combat stressors experienced by soldiers and leaders in ODS/S. Any analysis is complicated by the fact that most soldiers experienced more than one exposure type (e.g., "I saw an American soldier wounded by the enemy" and "I had a buddy get wounded or injured") and there are a wide variety of exposure combinations.

The most frequently acknowledged exposure was "I served in a unit that fired on the enemy" (80% of soldiers, 82% of leaders; item 93). The least frequent was "I flew in an aircraft that was shot at by the enemy" (2% of soldiers and 1% of leaders; item 94).

A number of soldiers and leaders did report combat-related experiences that they rated "quite" or "extremely" stressful. These include: seeing an American soldier wounded by the enemy (19% of soldiers and leaders; item 108), killed by the enemy (11% of soldiers and leaders; item 109), wounded by friendly fire (23% of soldiers and 25% of leaders; item 110), killed by friendly fire (15% of soldiers and 17% of leaders; item 111), having a buddy killed or wounded (13% of soldiers and 8% of leaders; item 113), and seeing civilians killed or wounded (35% of soldiers and 38% of leaders; item 106). Other experiences that were also stressful for many soldiers and leaders were being pinned down (23% of soldiers and 14% of leaders; item 117), and receiving incoming artillery, rocket, or mortar fire (37% of soldiers and 38% of leaders; item 96). Most soldiers (65%) and leaders (68%) saw an enemy soldier killed or wounded (item 105), although this was rated as less stressful than other events.

(H=HAD THIS EXPERIENCE)

(N=NOT AT ALL STRESSFUL L=A LITTLE STRESSFUL M=MODERATELY STRESSFUL

Q=QUITE A BIT STRESSFUL E=EXTREMELY STRESSFUL)

(AQ=ANSWERED QUESTION)

	AQ	H	N	L	M	Q	E
93. I served in a unit that fired on the enemy.	SLD: 97%	80%	19%	25%	23%	20%	13%
	LDR: 100%	82%	12%	25%	29%	27%	7%
94. I flew in an aircraft that was shot at by the enemy.	SLD: 98%	2%	57%	12%	13%	8%	10%
	LDR: 100%	1%	50%	0%	0%	50%	0%
95. I was stationed at a forward observation post.	SLD: 97%	29%	16%	23%	25%	21%	15%
	LDR: 100%	19%	14%	27%	38%	21%	0%
96. I received incoming artillery, rocket, or mortar fire.	SLD: 97%	37%	12%	24%	22%	22%	20%
	LDR: 100%	38%	5%	27%	33%	23%	12%

	AQ	H	N	L	M	Q	E
97. I encountered mines or booby traps.	SLD: 96%	61%	11%	29%	24%	23%	13%
	LDR: 100%	71%	7%	25%	33%	30%	5%
98. I received sniper or sapper fire.	SLD: 98%	11%	24%	25%	19%	19%	13%
	LDR: 100%	10%	8%	32%	25%	23%	13%
99. I went on combat patrols.	SLD: 97%	31%	14%	23%	28%	22%	13%
	LDR: 100%	26%	6%	31%	31%	27%	4%
100. I was surrounded by enemy units.	SLD: 98%	11%	24%	24%	19%	18%	15%
	LDR: 100%	9%	12%	32%	24%	20%	12%
101. I was in a patrol that was ambushed.	SLD: 98%	3%	61%	12%	12%	3%	12%
	LDR: 100%	2%	20%	20%	10%	30%	20%
102. I fired rounds at the enemy.	SLD: 97%	30%	27%	26%	23%	14%	10%
	LDR: 100%	33%	21%	24%	29%	20%	6%
103. I engaged the enemy in a fire fight.	SLD: 97%	18%	25%	23%	22%	15%	15%
	LDR: 100%	20%	17%	15%	33%	23%	13%
104. I had a confirmed kill.	SLD: 97%	15%	35%	23%	17%	14%	11%
	LDR: 100%	20%	29%	21%	27%	15%	8%
105. I saw an enemy soldier killed or wounded.	SLD: 96%	65%	27%	27%	21%	14%	11%
	LDR: 100%	68%	23%	31%	28%	14%	5%
106. I saw civilians killed or wounded.	SLD: 97%	35%	18%	24%	21%	22%	15%
	LDR: 100%	38%	8%	22%	31%	28%	11%
107. I was wounded or injured myself.	SLD: 98%	5%	47%	18%	15%	8%	12%
	LDR: 100%	3%	13%	25%	19%	25%	19%
108. I saw an American soldier wounded by the enemy.	SLD: 98%	19%	14%	26%	21%	22%	17%
	LDR: 100%	19%	5%	30%	26%	29%	9%
109. I saw an American soldier killed by the enemy.	SLD: 97%	11%	19%	18%	16%	18%	29%
	LDR: 100%	11%	3%	20%	17%	38%	22%

	AQ	H	N	L	M	Q	E
110. I saw an American soldier wounded by friendly fire.	SLD: 97%	23%	12%	20%	17%	23%	28%
	LDR: 100%	25%	5%	16%	26%	28%	24%
111. I saw an American soldier killed by friendly fire.	SLD: 96%	15%	12%	15%	14%	21%	38%
	LDR: 100%	17%	3%	13%	17%	34%	34%
112. I had a leader killed or wounded.	SLD: 98%	4%	43%	12%	17%	13%	15%
	LDR: 100%	3%	14%	14%	14%	43%	14%
113. I had a buddy killed in action.	SLD: 97%	13%	16%	13%	16%	24%	31%
	LDR: 100%	8%	5%	10%	14%	45%	26%
114. I had a buddy get wounded or injured.	SLD: 97%	19%	16%	23%	22%	21%	18%
	LDR: 100%	14%	7%	24%	31%	25%	13%
115. I was attacked by enemy aircraft (strafed or bombed).	SLD: 98%	2%	60%	10%	17%	8%	5%
	LDR: 100%	1%	67%	0%	0%	33%	0%
116. I was attacked by enemy tanks.	SLD: 96%	21%	17%	21%	24%	21%	17%
	LDR: 100%	19%	9%	20%	37%	20%	14%
117. I thought I was about to be killed (for example, pinned down or near miss).	SLD: 97%	23%	10%	17%	17%	20%	36%
	LDR: 100%	14%	4%	18%	13%	35%	30%
118. Anything else/other.	SLD: 60%	14%	12%	8%	10%	23%	47%
	LDR: 100%	10%	4%	8%	19%	35%	35%

STRESSORS

These 37 items were developed by the WRAIR to assess residual ODS/S stress as well as CURRENT stressors affecting USAREUR soldiers. Items represent such areas as personal stress (e.g. relationships and finances), unit stress (e.g. relationship with chain of command), USAREUR drawdown stress (e.g. unit inactivation plan), and residual effects of ODS/S (e.g. ODS combat experiences).

By far, the most frequently reported stressor is "The way things are usually done in my unit." Eighty-eight percent of soldiers and 90% of leaders report that this produces at least "a little bit" of stress (item 131). Their unit's current inactivation plan (item 132) was also reported as at least "a little bit" stressful by 65% of soldiers and 71% of leaders. In a related issue, being able to stay in the Army despite force reduction was reported as at least "a little bit" of a stressor by 52% of soldiers and 64% of leaders (item 145). Being able to get civilian job skills or additional education was also reported as at least "a little bit" of a stressor by 72% of soldiers and 70% of leaders (item 151).

Financial matters were reported as at least "a little bit" stressful by 76% of soldiers and 72% of leaders (item 142). Relationship with wife or girlfriend since ODS was reported as at least "a little bit" stressful by 47% of soldiers and 40% of leaders (item 129). Soldiers were also somewhat more likely than leaders to report that deployment to ODS (item 119) as at least "a little bit" stressful (52% vs. 37%).

When asked to assess the effect of all these current stressors, 20% of soldiers and 17% of leaders report that these stressors are affecting their personal life "quite a bit" or "extremely." The stressors are reported to affect military performance even less: 8% of soldiers and 6% of leaders report current stressors affecting performance at least "quite a bit." Overall, 90% of soldiers and 95% of leaders report that they are coping with these stressors at least "moderately" well.

OPERATION DESERT STORM RELATED STRESSORS

(AQ=ANSWERED QUESTION/APPLICABLE STRESSOR)

(N=NOT AT ALL STRESSFUL L=A LITTLE STRESSFUL M=MODERATELY STRESSFUL

Q=QUITE A BIT STRESSFUL E=EXTREMELY STRESSFUL)

		AQ	N	L	M	Q	E
119. My deployment to Desert Storm.	SLD:	97%	48%	19%	15%	9%	9%
	LDR:	99%	63%	20%	10%	5%	2%
120. Things that happened in combat in Kuwait/Iraq.	SLD:	97%	50%	20%	14%	9%	7%
	LDR:	99%	67%	17%	9%	5%	2%
121. Changes in my feelings about myself since I got back from Desert Storm.	SLD:	96%	48%	21%	14%	10%	7%
	LDR:	96%	65%	17%	11%	5%	2%

	AQ	N	L	M	Q	E
122. Things I have found out about Desert Storm since I returned to my home base.						
SLD:	92%	55%	20%	13%	7%	5%
LDR:	92%	69%	17%	9%	3%	2%
123. Breakup with my wife or girlfriend because of my deployment to Desert Storm.						
SLD:	68%	64%	10%	8%	6%	12%
LDR:	49%	82%	6%	5%	5%	3%
124. My children because of my deployment to Desert Storm.						
SLD:	63%	61%	13%	9%	7%	10%
LDR:	65%	60%	22%	8%	6%	5%
125. My parents or relatives because of my deployment to Desert Storm.						
SLD:	93%	54%	18%	13%	8%	7%
LDR:	95%	72%	17%	7%	3%	2%
126. Adapting to life at my home base since I returned from Desert Storm.						
SLD:	95%	64%	17%	11%	5%	3%
LDR:	98%	73%	17%	6%	3%	1%
127. The long-term outcome of the war with Iraq.						
SLD:	96%	58%	19%	12%	6%	5%
LDR:	98%	66%	22%	7%	5%	1%
128. Alcohol since I got back from Desert Storm.						
SLD:	90%	66%	14%	9%	5%	6%
LDR:	88%	84%	10%	4%	2%	0%
129. My relationship with my wife or girlfriend since I got back from Desert Storm.						
SLD:	90%	53%	18%	11%	8%	10%
LDR:	91%	60%	20%	10%	6%	4%
130. Feeling confined or trapped since I got back from Desert Storm.						
SLD:	96%	62%	14%	10%	7%	7%
LDR:	96%	75%	12%	8%	2%	3%

UNIT-RELATED STRESSORS

		AQ	N	L	M	Q	E
131. The way things are usually done in my unit.	SLD: 98%	12%	20%	24%	27%	17%	
	LDR: 99%	10%	24%	29%	24%	14%	
132. My current unit's inactivation plan.	SLD: 89%	35%	19%	19%	16%	11%	
	LDR: 83%	29%	14%	21%	22%	13%	
133. The reflagging of my unit to another corps or division.	SLD: 87%	70%	14%	8%	4%	4%	
	LDR: 77%	70%	12%	9%	6%	4%	
134. My transfer from an inactivated unit to my current unit.	SLD: 50%	70%	11%	9%	5%	5%	
	LDR: 43%	70%	9%	9%	6%	6%	
135. My being new to my current unit.	SLD: 52%	69%	13%	10%	5%	3%	
	LDR: 46%	67%	15%	8%	8%	2%	
136. Leadership turnover in my unit.	SLD: 92%	56%	18%	13%	7%	6%	
	LDR: 90%	57%	18%	13%	8%	4%	
137. Getting needed service or support from military community agencies.	SLD: 93%	48%	21%	16%	9%	6%	
	LDR: 96%	47%	25%	16%	8%	4%	
138. Turnover and loss of friends in my unit.	SLD: 94%	47%	27%	15%	7%	4%	
	LDR: 96%	57%	29%	10%	3%	2%	
139. My first line supervisor in my unit.	SLD: 95%	59%	16%	12%	6%	7%	
	LDR: 96%	64%	17%	9%	5%	5%	
140. My chain of command.	SLD: 96%	42%	22%	18%	9%	9%	
	LDR: 98%	45%	27%	15%	7%	5%	
141. Soldiers I work with.	SLD: 97%	54%	23%	14%	5%	4%	
	LDR: 98%	60%	25%	10%	3%	2%	

PERSONAL LIFE RELATED STRESSORS

		AQ	N	L	M	Q	E
142. Financial matters.	SLD: 98%	24%	28%	20%	18%	10%	
	LDR: 100%	28%	32%	24%	13%	3%	
143. Personal health matters.	SLD: 96%	53%	22%	14%	7%	4%	
	LDR: 97%	56%	25%	12%	5%	2%	
144. Personal or health matters for family members or close friends.	SLD: 95%	41%	20%	16%	13%	10%	
	LDR: 97%	41%	29%	17%	10%	4%	
145. Being able to stay on in the Army because of downsizing and force reduction.	SLD: 93%	48%	17%	14%	11%	10%	
	LDR: 96%	36%	23%	15%	16%	11%	
146. Having to leave Europe sooner than I expected.	SLD: 86%	66%	9%	8%	7%	10%	
	LDR: 77%	58%	13%	11%	8%	10%	
147. Being able to get a civilian job when I ETS.	SLD: 89%	32%	16%	17%	15%	20%	
	LDR: 75%	40%	16%	18%	15%	12%	
148. Living in Europe.	SLD: 94%	57%	16%	12%	8%	7%	
	LDR: 98%	61%	22%	11%	4%	3%	
149. My current assignment or MOS.	SLD: 97%	45%	19%	15%	11%	10%	
	LDR: 97%	55%	18%	12%	10%	6%	
150. My Army career and chances for promotion.	SLD: 96%	34%	19%	18%	14%	15%	
	LDR: 99%	30%	26%	20%	12%	12%	
151. Getting civilian job skills or additional education.	SLD: 96%	28%	25%	20%	15%	12%	
	LDR: 94%	30%	35%	17%	12%	6%	
152. My personal future and the meaning of my life.	SLD: 97%	27%	23%	20%	16%	14%	
	LDR: 99%	28%	34%	19%	13%	7%	

SUMMARY STRESS ITEMS

(N=NOT AT ALL L=A LITTLE M=MODERATELY Q=QUITE A BIT E=EXTREMELY)
(AQ=ANSWERED QUESTION)

	AQ	N	L	M	Q	E
153. Over the past two weeks the stresses listed have affected my personal life.	SLD: 98%	24%	33%	23%	14%	6%
	LDR: 99%	21%	40%	23%	13%	4%

154. Over the past two weeks the stresses listed have affected my performance in my military job.	SLD: 98%	48%	29%	15%	6%	2%
	LDR: 99%	50%	33%	11%	5%	1%

(VP=VERY POORLY SP=SOMEWHAT POORLY M=MODERATELY QW=QUITE WELL EW=EXTREMELY WELL)

	AQ	VP	SP	M	QW	EW
155. Over the past two weeks how well have you coped with these stresses?	SLD: 98%	2%	8%	28%	42%	20%
	LDR: 99%	1%	4%	19%	53%	25%

BRIEF SYMPTOM INVENTORY

These items comprise a psychological health measure commonly used in civilian studies. The Brief Symptom Inventory (BSI) contains a number of individual sub-scales (e.g., Depression, Anxiety, etc.,) that help provide a broad assessment of psychological status, as well as an overall Global Severity Index (GSI) that provides a useful summary measure of psychological distress.

The BSI measures current psychological symptoms. It is not a personality measure. The BSI is a reliable and valid measure of psychological distress, but there are no norms for an active duty military population.

Overall, the range of soldiers in this sample reporting at least "a little bit" of discomfort on any one of these items is from 60% ("Feeling easily annoyed or irritated", item 164) to 10% ("Spells of terror or panic", item 208; and "Thoughts of ending your life", item 168). For most of the individual items, less than 10% of those responding indicate that they are experiencing "quite a bit" or "extreme" discomfort.

Leaders report a similar range of symptoms although of less intensity than do soldiers. The range of leaders in this sample reporting at least "a little bit" of discomfort on any one of the items is from 61% ("Feeling easily annoyed or irritated", item 164) to 3% ("Feeling afraid in open places", item 166).

Additional symptoms tapping a range of psychological complaints include at least "a little bit" of discomfort from "feeling blue" (40% of soldiers and 36% of leaders, item 177); having urges to beat, injure or harm someone (39% of soldiers and 21% of leaders, item 202); sleep that is restless and disturbed (39% of soldiers and 32% of leaders, item 203); and feeling that people will take advantage of you if you let them (50% of soldiers and 41% of leaders, item 214).

HOW MUCH DISCOMFORT HAVE EACH OF THE FOLLOWING CAUSED YOU DURING THE PAST WEEK?

(N=NONE L=A LITTLE BIT M=MODERATE Q=QUITE A BIT E=EXTREME)
(AQ=ANSWERED QUESTION)

		AQ	N	L	M	Q	E
156. Nervousness or shakiness inside.	SLD:	98%	73%	16%	6%	4%	1%
	LDR:	99%	77%	16%	5%	2%	0%
157. Repeated unpleasant thoughts.	SLD:	98%	61%	19%	10%	7%	3%
	LDR:	99%	68%	20%	6%	5%	1%
158. Faintness or dizziness.	SLD:	98%	88%	8%	2%	1%	1%
	LDR:	100%	96%	3%	1%	1%	0%
159. Loss of sexual interest or pleasure.	SLD:	98%	85%	8%	4%	2%	1%
	LDR:	99%	78%	15%	4%	2%	1%

		AQ	N	L	M	Q	E
160. Feeling critical of others.	SLD: 98%	61%	20%	10%	6%	3%	
	LDR: 99%	51%	29%	13%	7%	1%	
161. The idea that someone else can control your thoughts.	SLD: 98%	78%	9%	6%	4%	3%	
	LDR: 100%	89%	5%	3%	2%	0%	
162. Feeling others are to blame for most of your troubles.	SLD: 98%	69%	18%	8%	3%	2%	
	LDR: 100%	75%	15%	6%	2%	1%	
163. Trouble remembering things.	SLD: 98%	59%	23%	10%	5%	3%	
	LDR: 100%	60%	27%	9%	3%	1%	
164. Feeling easily annoyed or irritated.	SLD: 98%	40%	25%	15%	12%	8%	
	LDR: 100%	39%	34%	17%	7%	4%	
165. Pains in heart or chest.	SLD: 98%	77%	12%	6%	4%	1%	
	LDR: 99%	84%	11%	3%	1%	1%	
166. Feeling afraid in open places.	SLD: 98%	89%	6%	3%	1%	1%	
	LDR: 99%	96%	3%	0%	0%	0%	
167. Feeling low in energy or slowed down.	SLD: 98%	53%	24%	10%	8%	5%	
	LDR: 99%	53%	29%	10%	6%	2%	
168. Thoughts of ending your life.	SLD: 98%	90%	5%	3%	1%	1%	
	LDR: 100%	95%	3%	1%	0%	0%	
169. Feeling that most people cannot be trusted.	SLD: 98%	48%	25%	12%	8%	7%	
	LDR: 100%	69%	19%	7%	4%	2%	
170. Poor appetite.	SLD: 98%	74%	13%	8%	3%	2%	
	LDR: 100%	84%	11%	4%	1%	0%	
171. Crying easily.	SLD: 98%	87%	7%	3%	2%	1%	
	LDR: 100%	93%	5%	2%	1%	0%	
172. Suddenly scared for no reason.	SLD: 98%	86%	8%	3%	2%	1%	
	LDR: 100%	92%	6%	2%	1%	0%	
173. Temper outbursts that you could not control.	SLD: 98%	64%	16%	9%	6%	5%	
	LDR: 100%	75%	17%	5%	2%	2%	
174. Feeling lonely even when you are with people.	SLD: 98%	57%	19%	11%	8%	5%	
	LDR: 100%	66%	20%	9%	5%	1%	

	AQ	N	L	M	Q	E
175. Feeling blocked in getting things done.	SLD: 98%	59%	19%	11%	7%	4%
	LDR: 100%	55%	25%	11%	6%	3%
176. Feeling lonely.	SLD: 98%	57%	19%	11%	7%	6%
	LDR: 100%	65%	20%	9%	5%	1%
177. Feeling blue.	SLD: 98%	60%	19%	10%	7%	4%
	LDR: 100%	65%	22%	9%	4%	1%
178. Worrying too much about things.	SLD: 98%	44%	22%	15%	11%	8%
	LDR: 99%	46%	30%	13%	8%	3%
179. Feeling no interest in things.	SLD: 98%	62%	19%	10%	5%	4%
	LDR: 100%	70%	19%	8%	2%	1%
180. Feeling fearful.	SLD: 98%	82%	11%	4%	2%	1%
	LDR: 100%	89%	9%	1%	1%	0%
181. Your feelings being easily hurt.	SLD: 98%	73%	15%	6%	4%	2%
	LDR: 99%	80%	15%	4%	1%	1%
182. Feeling others do not understand you or are unsympathetic.	SLD: 98%	64%	17%	9%	6%	4%
	LDR: 99%	72%	18%	5%	4%	1%
183. Feeling that people are unfriendly or dislike you.	SLD: 98%	71%	16%	7%	3%	3%
	LDR: 100%	79%	14%	3%	3%	1%
184. Feeling inferior to others.	SLD: 98%	81%	11%	4%	2%	2%
	LDR: 100%	84%	11%	4%	1%	1%
185. Nausea or upset stomach.	SLD: 98%	79%	11%	5%	3%	2%
	LDR: 100%	83%	11%	4%	1%	1%
186. Feeling that you are watched or talked about by others.	SLD: 98%	61%	22%	8%	5%	4%
	LDR: 100%	69%	20%	6%	3%	2%
187. Trouble falling asleep.	SLD: 98%	63%	18%	8%	7%	4%
	LDR: 100%	72%	14%	8%	5%	1%
188. Having to check and double-check what you do.	SLD: 98%	60%	24%	9%	5%	2%
	LDR: 100%	63%	26%	6%	3%	1%
189. Difficulty making decisions.	SLD: 98%	71%	17%	8%	3%	1%
	LDR: 99%	77%	18%	4%	2%	0%

		AQ	N	L	M	Q	E
190. Feeling afraid to travel.	SLD: 98%	89%	6%	3%	1%	1%	
	LDR: 99%	94%	5%	0%	1%	0%	
191. Trouble getting your breath.	SLD: 98%	84%	9%	4%	2%	1%	
	LDR: 99%	91%	7%	2%	0%	0%	
192. Hot or cold spells.	SLD: 98%	84%	9%	4%	2%	1%	
	LDR: 100%	91%	7%	1%	1%	0%	
193. Having to avoid certain things, places or activities because they frighten you.	SLD: 98%	89%	6%	3%	1%	1%	
	LDR: 100%	93%	4%	2%	1%	0%	
194. Your mind going blank.	SLD: 98%	75%	15%	5%	3%	2%	
	LDR: 99%	80%	15%	3%	1%	0%	
195. Numbness or tingling in parts of your body.	SLD: 98%	80%	11%	5%	3%	1%	
	LDR: 99%	86%	7%	4%	2%	1%	
196. The idea that you should be punished for your sins.	SLD: 98%	82%	10%	4%	2%	2%	
	LDR: 99%	90%	8%	2%	0%	0%	
197. Feeling hopeless about the future.	SLD: 98%	70%	16%	8%	4%	2%	
	LDR: 99%	79%	16%	4%	1%	0%	
198. Trouble concentrating.	SLD: 98%	61%	22%	10%	5%	2%	
	LDR: 99%	67%	24%	7%	1%	1%	
199. Feeling weak in parts of your body.	SLD: 98%	71%	16%	7%	4%	2%	
	LDR: 99%	80%	15%	3%	2%	0%	
200. Feeling tense or keyed up.	SLD: 98%	58%	20%	11%	7%	4%	
	LDR: 100%	56%	25%	13%	6%	2%	
201. Thoughts of death or dying.	SLD: 98%	76%	11%	6%	4%	3%	
	LDR: 99%	86%	9%	3%	1%	1%	
202. Having urges to beat, injure or harm someone.	SLD: 97%	61%	16%	9%	7%	7%	
	LDR: 99%	79%	12%	5%	3%	1%	
203. Sleep that is restless or disturbed.	SLD: 98%	61%	16%	10%	8%	5%	
	LDR: 99%	68%	17%	9%	5%	1%	
204. Having urges to break or smash things.	SLD: 98%	65%	14%	9%	6%	6%	
	LDR: 100%	77%	14%	6%	2%	1%	

	AQ	N	L	M	Q	E
205. Feeling very self-conscious with others.	SLD: 98%	69%	17%	8%	3%	3%
	LDR: 99%	72%	20%	5%	2%	1%
206. Feeling uneasy in crowds.	SLD: 98%	69%	14%	8%	5%	4%
	LDR: 100%	78%	13%	6%	2%	1%
207. Never feeling close to another person.	SLD: 98%	71%	14%	7%	5%	3%
	LDR: 100%	73%	17%	6%	4%	1%
208. Spells of terror or panic.	SLD: 98%	90%	6%	2%	1%	1%
	LDR: 99%	95%	4%	1%	0%	0%
209. Getting into frequent arguments.	SLD: 98%	62%	18%	10%	6%	4%
	LDR: 100%	74%	14%	6%	4%	1%
210. Feeling nervous when you are alone.	SLD: 98%	85%	8%	4%	2%	1%
	LDR: 100%	94%	4%	2%	0%	0%
211. Others not giving you proper credit for your achievements.	SLD: 98%	47%	19%	14%	10%	10%
	LDR: 100%	61%	21%	10%	5%	4%
212. Feeling so restless you could not sit still.	SLD: 98%	69%	15%	9%	4%	3%
	LDR: 100%	78%	15%	4%	2%	1%
213. Feelings of worthlessness.	SLD: 98%	79%	11%	5%	3%	2%
	LDR: 100%	84%	12%	3%	2%	1%
214. Feeling that people will take advantage of you if you let them.	SLD: 98%	50%	19%	13%	10%	8%
	LDR: 100%	59%	22%	11%	5%	3%
215. Thoughts and images of frightening nature.	SLD: 97%	83%	8%	4%	3%	2%
	LDR: 100%	92%	6%	1%	1%	0%
216. Feelings of guilt.	SLD: 98%	77%	12%	6%	3%	2%
	LDR: 100%	84%	11%	4%	1%	1%
217. The idea that something is wrong with your mind.	SLD: 98%	75%	12%	6%	4%	3%
	LDR: 100%	86%	9%	2%	2%	0%
218. Spending less time with peers and friends.	SLD: 98%	69%	15%	7%	5%	4%
	LDR: 100%	69%	18%	8%	4%	1%